一例穴位贴敷联合艾灸治疗混合痔外剥内扎术后疼痛的个案护理报告

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摘要

本文总结 1 例混合痔术后伤口疼痛患者的护理体会。在完善护理评估和常规护理的基础上，运用中医特色护理技术穴位贴敷联合艾灸，减轻患者术后疼痛的症状，提高患者的生活质量，促进患者早日康复。**（译）**

Abstract

This article summarizes the nursing experience of a patient with wound pain after mixed hemorrhoids. On the basis of improving nursing assessment and routine nursing, acupoint application combined with moxibustion is used to alleviate the symptoms of postoperative pain, improve the quality of life of patients, and shorten recovery of patients。

关键词

混合痔 疼痛 穴位贴敷 艾灸 中医护理（译）

Keyword

Mixed hemorrhoids, pain, acupuncture point application, moxibustion, Chinese medicine care

混合痔主要临床表现为内痔和外痔的症状同时存在，严重时表现为环状痔脱出，为多发、常见的肛肠疾病。外剥内扎术是临床上常见的治疗手段。但是因肛周局部神经分布密集，对神经末梢敏感，手术后创面肿痛、肛门水肿、充血、出血、排便障碍等并发症常较为常见，病人痛苦不堪，需要采取有效的措施促进混合痔术后恢复。痔是临床上最常见、最多发的肛门疾病，重度痔多需手术治疗。术后疼痛是手术后最常见症状之一，是需要医者来解决的重要问题。排便障碍是现代医学的代名词，是关于排便的问题，俗称便秘，但是不完全等同于狭义的便秘。疼痛是机体受到损伤时发生的一种不愉快的感觉和情绪体验，是一组复杂的病理、生理改变的临床表现，疼痛可以是局部的，也可以是全身性疾病的反映，我们把具有以“疼痛”为主要症状的疾病总称为“痛症”。疼痛及治疗是涉及广泛的医疗问题，手术后伤口疼痛过去认为是必然的痛，现在则不同，可以根据需要使用口服药物止痛；在体内留置导管定时注药以缓解疼痛；经静脉留置导管；使用毁坏神经的特殊药物来达到中、长期止痛的目的等，但存在不同程度的副作用、产生依赖性等缺点。本护理病例针对 1 例混合痔外剥内扎术后疼痛患者的诊断标准，对穴位贴敷联合艾灸治疗疼痛患者疗效观察进行记录，并观察患者穴位贴敷联合艾灸治疗部位（神阙穴）有无红肿及破溃不适。通过穴位贴敷联合艾灸治疗混合痔外剥内扎术后患者疼痛的效果观察，有助于阐明术后伤口疼痛、气滞血瘀导致经络阻滞。目前，西医治疗大多遵医嘱口服及静脉使用止痛药，这些药物能改善患者疼痛症状，但是药物不良反应较多。中医治疗多应用中药汤剂、穴位按摩、艾灸、穴位贴敷、耳穴压丸等方法，干预疼痛有一定效果。本护理病例总结 1 例采用穴位贴敷联合艾灸联合治疗混合痔外剥内扎术后疼痛患者的护理经验，现报告如下：**（译）**

The main clinical manifestations of mixed hemorrhoids are the coexistence of internal and external hemorrhoids, and in severe cases, it is manifested as annular hemorrhoids, which is a frequent and common anorectal disease. External stripping and internal ligation is a common treatment in clinical practice. However, due to the dense distribution of local nerves around the anus and the sensitivity to

nerve endings, complications such as wound swelling and pain, anal edema, congestion, bleeding, and defecation disorders are often common after surgery, and patients are in great pain, and effective measures need to be taken to promote the recovery of mixed hemorrhoids after surgery. Hemorrhoids are the most common and common anal diseases in clinical practice, and severe hemorrhoids often require surgical treatment. Postoperative pain is one of the most common symptoms after surgery and is an important problem that needs to be addressed by a doctor. Defecation disorder is synonymous with modern medicine, it is a problem about bowel movements, commonly known as constipation, but it is not exactly the same as constipation in the narrow sense. Pain is an unpleasant feeling and emotional experience that occurs when the body is injured, and it is a group of complex pathological and physiological changes in clinical manifestations, pain can be local, or it can be a reflection of systemic diseases, and we call the disease with "pain" as the main symptom "pain". Pain and treatment are a wide range of medical issues, and wound pain after surgery used to be considered an inevitable pain, but now it can be relieved with oral medication as needed; Indwelling catheters are placed in the body at regular intervals to relieve pain; transvenous indwelling catheter; The use of special drugs that destroy nerves to achieve the purpose of medium and long-term pain relief, etc., but there are disadvantages such as different degrees of side effects and dependence. In this nursing case, according to the diagnostic criteria of a patient with pain after mixed hemorrhoidal external stripping and internal ligation, the observation of the efficacy of acupoint application combined with moxibustion in the treatment of pain patients was recorded, and the patient's redness, swelling and ulceration discomfort were observed in the treatment area (Shenque acupoint) of acupoint application combined with moxibustion. The effect of acupoint application combined with moxibustion in the treatment of pain in patients after mixed hemorrhoidal external peeling and internal ligation is helpful to clarify the meridian blockade caused by postoperative wound pain. At present, most of the Western medicine treatment is oral and intravenous painkillers according to the doctor's instructions, these drugs can relief the pain, but there are many adverse drug reactions. Traditional Chinese medicine treatment mostly uses traditional Chinese medicine decoction, acupoint massage, moxibustion, acupoint application, auricular pressure pills and other methods, which have a certain effect on pain intervention. This nursing case summarizes the nursing experience of one case of acupoint application combined with moxibustion combined with mixed hemorrhoidal external peeling and internal ligation in the treatment of patients with pain after internal ligation, and is reported as follows:

1、临床资料

患者女，56 岁。患者主因："肛门有物脱出伴疼痛反复发作 30 年，加重 1 周。" 由门诊以"混合痔伴血栓、肛乳头肥大"于 2024 年 06 月 24 日步行收入科。入院症状：排便后肛门部有物脱出，还纳困难伴胀痛及肛门坠胀不适，大便带血，量少色鲜红，排便后

肛门胀痛及烧灼感，肛门部有潮湿瘙痒感，大便**2-3**日一次，干燥，排出不畅，小便正常，饮食睡眠好。观察患者神志得神，面色如常，舌红，苔薄黄，脉弦滑。既往高血压病史**3**年，口服药物治疗。对酒精过敏。入院查体：体温**36℃**，脉搏**78**次/分,呼吸**20**次/分，测血压**118/82mmHg**。辅助检查：血常规：血小板计数**494×10^9/L**，血红蛋白**113g/L**；**CRP9.1mg/L**；彩超示：胆囊息肉样变;直乙镜回报示：混合痔、肛乳头肥大。（译）

The patient is a 56-year-old female. The patient's main cause: "Anal prolapse with recurrent pain for 30 years, aggravated for 1 week." He was admitted to the department on June 24, 2024 with "mixed hemorrhoids with thrombosis and anal papilla hypertrophy". Symptoms of admission: something prolapsed out of the anus after defecation, difficulty in accepting with swelling pain and discomfort of anal swelling, blood in the stool, bright red in small amount, anal swelling pain and burning sensation after defecation, dampness and itching sensation in the anus, stool once every 2-3 days, dry, poor discharge, normal urination, good diet and sleep. The patient was observed to be in good spirits, with a normal complexion, a red tongue, a thin yellow moss, and a smooth pulse. Previous history of hypertension for 3 years, oral medication. Allergy to alcohol. Physical examination on admission: body temperature 36°C, pulse 78 beats/min, respiration 20 breaths/min, blood pressure 118/82mmHg. Laboratory test examinations: routine blood count: platelet count 494×10^9/L, hemoglobin 113g/L; CRP9.1mg/L ; Ultrasound: gallbladder polypoid changes; Sigmoidoscope: mixed hemorrhoids, anal papillae hypertrophy.

患者神志得神，于**2024**年**06**月**25**日**09:00**遵医嘱给予甘油灌肠剂**110ml**纳肛，**09:10**患者排出大便一次，为黄褐色稀便。患者于**09:50**随医生步入肛肠专科手术室，在局麻下行“混合痔外剥内扎术、肛门周围湿疹封闭术、肛门括约肌检括术、肛周表浅肿物切除术”。于**10:35**由轮椅推回病房，患者诉伤口疼痛能忍，疼痛评分**4**分。观察肛门敷料表面清洁干燥，无渗血。左手背静脉留置针固定良好，穿刺处无红肿，自小手术室带回**5%**葡萄糖注射液约**200ml**，液体静滴顺利。测体温**36.3℃**，心电监护示：脉搏**:68**次/分，呼吸**:19**次/分，血压**:139/75mmHg**，血氧饱和度**:98%**，未见异常波形。协助患者侧卧位卧床休息。术后遵医嘱给予肛肠科一级护理、普食、输液、吸氧、心电监护等治疗。并给予术后指导：告知患者适当饮水，以利排尿，不宜吃产气之品，如鸡蛋、牛奶、豆浆等，多食清热利湿、活血化瘀清淡易消化之品，如薏苡仁粥、菜花、赤小豆、绿豆、橙子、油菜等。食疗方：赤小豆薏仁粥。术后卧床休息，改变体位时宜缓慢，避免剧烈活动。已告知患者吸氧的注意事项。疼痛评分为**4**分，跌倒坠床为高风险。患者术后伤口疼痛明显，中医特色治疗：穴位贴敷联合艾灸治疗。经过**7**天治疗，患者伤口疼痛症状减轻，生活质量提高，于**7**月**6**日出院。（译）

The patient was in good spirits and was given 110ml of glycerin enema at 09:00 on June 25, 2024 as prescribed by the doctor, and at 09:10, the patient passed one stool, which was yellow-brown loose stool. At 09:50, the patient walked into the anorectal operating room with the doctor, and underwent "mixed hemorrhoidal external stripping and internal ligation, perianal eczema sealing, anal sphincter sphincter, and perianal superficial mass resection" under local anesthesia. Pushed back to the ward by wheelchair at 10:35, the patient complained of tolerable wound pain and a pain score of 4. Observe that the

surface of the anal dressing is clean and dry, and there is no bleeding. The indwelling needle in the dorsum vein of the left hand was well fixed, there was no redness and swelling at the puncture site, and about 200ml of 5% glucose injection was brought back from the small operating room, and the intravenous infusion of the liquid was smooth. The body temperature was measured at 36.3 °C, and the electrocardiogram monitoring showed that pulse: 68 beats/min, respiration: 19 beats/min, blood pressure: 139/75mmHg, blood oxygen saturation: 98%, and no abnormal waveform was found. Assist the patient in bed rest in the lateral decubitus position. After the operation, the anorectal department was given first-level nursing, general diet, infusion, oxygen inhalation, ECG monitoring and other treatments according to the doctor's instructions. And give postoperative guidance: inform the patient to drink water appropriately to facilitate urination, not to eat gas-producing products, such as eggs, milk, soy milk, etc., and to eat more light and easy-to-digest products that clear away heat and dampness, promote blood circulation and eliminate blood stasis, such as coix seed porridge, cauliflower, red adzuki beans, mung beans, oranges, rape, etc. Dietary prescription: red adzuki bean barley porridge. Bed rest after surgery, change body position slowly and avoid strenuous activities. Patients are advised of the precautions for oxygen inhalation. The pain score is 4, and falling into bed is a high risk. The patient's postoperative wound pain is obvious, and the characteristic treatment of traditional Chinese medicine: acupoint application combined with moxibustion treatment. After 7 days of treatment, the patient's wound pain symptoms were reduced, his quality of life improved, and he was discharged from the hospital on 6th July.

2、护理

2.1 护理评估

2.1.1 日常生活自理能力评估

采用日常生活能力评定 Barthel 指数量表评估患者生活活动能力。评定量表包括 10 项内容，其中每个活动评分分别为生活完全独立 (10 分) 、需要部分帮助 (5 分)、需极大帮助 (0 分)、完全依赖 (一)。评分分级 0 级 (生活自理) ： 100 分， 日常生活活动能力良好， 不需他人帮助; 1 级 (轻度功能障碍) : 61~99 分，能独立完成部分日常活动，但需一定帮助；2 级 (中度功能障碍) ： 41~60 分， 需要极大帮助才能完成日常生活活动；3 级 (重度功能障碍) ：≤40 分，大部分日常生活活动不能完成或完全需要他人照料。本例患者入院时 Barthel 评分为 100 分，评级为 0 级，日常生活活动能力良好， 不需他人帮助。 术后 Barthel 评分为 85 分，评级为 1 级，能独立完成部分日常活动，但需一定帮助。出院时 Barthel 评分为 100 分，评级为 0 级，日常生活活动能力良好， 不需他人帮助。（译）

The Barthel index scale was used to evaluate the patients' ability to perform activities in daily living. The rating scale consists of 10 items, of which each activity is rated as complete independence (10 points), need partial help (5 points), need great help (0 points), and completely dependent (1). Rating Grade 0 (Self-care): 100 points, good ability of daily living activities, no need for help; Grade 1 (mild dysfunction): 61~99 points, able to complete some daily activities independently, but need some help; Grade 2 (Moderate Dysfunction): 41~60 points, requires

great help to complete activities of daily living; Grade 3 (severe functional impairment): ≤40 points, unable to complete most activities of daily living or completely dependent on others. At the time of admission, the patient had a Barthel score of 100 and a rating of 0, and had good ability to perform activities of daily living and did not need help from others. After surgery, Barthel scored 85 points, rated 1, and was able to complete some daily activities independently, but needed some help. At discharge, Barthel scored 100 on a scale of 0 and had good ability to perform activities of daily living without the need for help.

2.1.2 疼痛评估

采用疼痛评估表评估患者住院期间的疼痛程度。疼痛评估表包括 9 项内容，（1）疼痛部位（2）疼痛性质（3）疼痛强度（NRS 视觉模拟评分法）（4）现用药情况（5）最近 1-2 天疼痛情况（6）何时感到疼痛（7）除药物效果外，何时可以减轻疼痛（8）疼痛对日常生活的影响（9）疼痛引起的睡眠障碍。本例患者入院时疼痛评分为 2 分，术后 1-3 疼痛评分为 4 分，术后第 4 天疼痛评分为 3 分，出院时疼痛评分为 2 分。（译）

The pain assessment form was used to assess the patient's pain level during hospitalization. The pain assessment form includes 9 items, (1) the location of the pain, (2) the nature of the pain, (3) the intensity of the pain (NRS visual analogue scale), (4) the current medication, (5) the pain in the last 1-2 days, (6) when the pain is felt (7) when the pain can be reduced in addition to the effect of the drug, (8) the impact of the pain on daily life, and (9) the sleep disturbance caused by the pain. In this case, the pain score was 2 at admission, 4 at 1-3 postoperatively, 3 on the 4th postoperative day, and 2 at discharge.

2.2 护理诊断

疼痛：与痔核脱出及手术创伤有关（译）

Pain: associated with hemorrhoidal prolapse and surgical trauma

2.3 护理措施

2.3.1 饮食护理

指导其多食清热利湿清淡易消化之品，如薏苡仁、菜花、赤小豆、 绿豆等。食疗方：赤小豆薏仁粥。可食含汁较多的水果，如瓜类、梨、香蕉、桃等，及较多纤维素的蔬菜，如芹菜、菠菜、韭菜、马齿苋、茭白等，以增加肠蠕动，润肠通便。忌食辛辣刺激及肥甘厚腻、煎炸生冷的食物；避免过饥过饱。（译）

Instruct them to eat more heat-clearing, dampness-relieving, light and easy-to-digest products, such as coix seeds, cauliflower, red adzuki beans, mung beans, etc. Dietary prescription: red adzuki bean barley porridge. Fruits with more juice, such as melons, pears, bananas, peaches, etc., and vegetables with more fiber, such as celery, spinach, leeks, purslane, callous, etc., can be eaten to increase intestinal peristalsis and moisten the intestines. Avoid spicy, irritating, fatty, sweet, greasy, fried, raw and cold foods; Avoid overstarvation.

2.3.2 情志护理

为患者提供心理支持：面对面解答患者的问题，提供提供不用的信息支持，降低患者的心理困扰，提高应对能力；纠正患者的不良行为，重建认知，从而带动情感和行为的改变。同时，调动患者的家庭社会支持系统。患者的生活环境宜安静避免噪声，温湿度适宜，光线柔和。嘱患者保持良好的生活习惯。（译）

Provide psychological support for patients: answer patients' questions

face-to-face, provide information support that is not needed, reduce patients' psychological distress, and improve coping ability; Correct the patient's undesirable behavior and rebuild cognition, which leads to emotional and behavioral change. At the same time, mobilize the patient's family social support system. The living environment of the patient should be quiet and avoid noise, with appropriate temperature and humidity, and soft light. Advise patients to maintain good lifestyle habits.

2.3.3 功能锻炼

功能锻炼可以减轻肛门括约肌功能丧失。指导患者进行提肛运动，循序渐进，吸气时收缩肛门，呼气时放松肛门，一收一放为一次，每天 **20** 到 **30** 次。鼓励患者持之以恒。（译）

Functional exercises can reduce loss of anal sphincter function. Instruct the patient to perform levator ani exercises, step by step, contract the anus when inhaling, relax the anus during exhalation, and retract and release it once, 20 to 30 times a day. Encourage patients to persevere.

2.3.4 中医特色护理

穴位贴敷治疗：中医认为气滞血瘀可引起混合痔术后疼痛，血瘀后血脉不通，引起术后伤口疼痛，应用中药穴位贴敷可使中药通过穴位脉络直达病所（增液行舟），治疗疼痛。另药物直接通过皮肤吸收，减少消化道刺激症状，并减轻肝肾负担，减少毒副作用。且没有其它生理功能的扰乱，简便易行，是男女老幼都可以应用的疗法 。（译）

Acupoint application treatment: Traditional Chinese medicine believes that Gas stagnation and blood stasis can cause postoperative pain of mixed hemorrhoids, and the blood veins are blocked after blood stasis, causing postoperative wound pain. In addition, the drug is directly absorbed through the skin, which reduces the symptoms of digestive tract irritation, reduces the burden on the liver and kidneys, and reduces toxic side effects. And there is no disturbance of other physiological functions, it is simple and easy, and it is a therapy that can be applied by men, women and children.

艾灸治疗：艾灸则可通过温热效应及光辐射效应疏通脉络加速血循，大大加强贴敷中药的药效，使其起效更快，作用时间更长。（译）

Moxibustion treatment: Moxibustion can dredge the veins and accelerate blood circulation through the effect of warmth and light radiation, which greatly strengthens the efficacy of the application of traditional Chinese medicine, making it work faster and for a longer time.

2.4 护理评价

2.4.1 疼痛评估

治疗干预前患者的疼痛评分为 **4** 分，为中度疼痛；治疗 **7** 天后疼痛评分为 **2** 分，为轻度疼痛。（译）

Before the treatment intervention, the patient's pain score was 4 points, which was moderate pain; After 7 days of treatment, the pain score was 2 points, which was mild pain.

2.4.2 日常生活能力评估

治疗干预前患者的 **Barthel** 评分为 **90** 分，评级为 **1** 级，属轻度功能障碍，表现为能独立完成部分日常活动。治疗 **7** 天后患者 **Barthel** 评分为 **100** 分，评级为 **0** 级，表现为日常生活活动能力良好，不需要他人帮助。（译）

Before the treatment intervention, the patients had a Barthel score of 90 and a grade 1 rating, which was mild functional impairment and was able to perform some daily activities independently. After 7 days of treatment, the patient had a Barthel score of 100 and a rating of 0, indicating good ability to perform activities of daily living and did not require help from others.

2.5 健康教育

护士向患者及家属说明，伤口疼痛是术后常见症状，消除患者紧张焦虑的心理。适当床边活动，便后及时清洗肛门，保持伤口清洁。（译）

The nurse explained to the patient and his family that wound pain is a common symptom after surgery, and eliminated the patient's nervousness and anxiety. Appropriate bedside activities, wash the anus in time after defecation, and keep the wound clean.

2.6 患者转归

患者术后伤口愈合良好。利用出院宣教及发放护理宣传册，提高患者学习疾病护理知识的主动性。嘱患者及家属：生活环境安静舒适，注意起居规律，防寒保暖，随天气变化增减衣物，预防感冒；保持心情舒畅，避免不良情绪刺激，遇事不要激动、急躁，适当听舒缓音乐放松心情。（译）

The patient's postoperative wound healed well. Discharge education and the distribution of nursing pamphlets are used to increase patients' initiative in learning about disease nursing. Advise patients and their families: live in a quiet and comfortable environment, pay attention to daily routines, keep warm from the cold, increase or decrease clothing with weather changes, and prevent colds; Keep your mood comfortable, avoid bad emotional stimulation, don't be excited and impatient, and listen to soothing music to relax your mood.

3. 讨论

本病例患者为混合痔术后，患者主诉伤口疼痛，饮食可，眠可，大便每日 1-2 次，不干。该患者术后疼痛与气滞血瘀有关：气滞血瘀可引起混合痔术后伤口疼痛，血瘀后血脉不通。病位主要在大肠，从中医理论和辩证论治出发，因气血、湿热瘀阻下迫大肠，或因先天遗传所致肠道气机不利，经络阻滞，瘀血浊气凝结而成，气滞血瘀是伤口疼痛的主要发病机制。本例患者主要表现为术后伤口疼痛，因此，患者辩证为气滞血瘀，湿热下注证，而气滞血瘀，是目前需要解决的问题，故考虑以“活血化瘀”为主。穴位贴敷可使中药通过穴位脉络直达病所（增液行舟），治疗疼痛。另药物直接通过皮肤吸收，减少消化道刺激症状，并减轻肝肾负担，减少毒副作用。用于治疗术后疼痛有其特色和优势 。艾灸治疗：艾灸则可通过温热效应及光辐射效应疏通脉络加速血循，大大加强贴敷中药的药效，使其起效更快，作用时间更长。（译）

In this case, the patient complained of wound pain after mixed hemorrhoids, could eat and drink, could sleep, and had stools 1-2 times a day, but not dry. The postoperative pain in this patient was related to Gas stagnation and blood stasis: Gas stagnation and blood stasis can cause wound pain after mixed hemorrhoids, and blood flow is blocked after blood stasis. The disease is mainly in the large intestine, starting from the theory of traditional Chinese medicine and dialectical treatment, due to the obstruction of Gas and blood, dampness and heat stasis to force the large intestine, or due to congenital heredity caused by unfavorable intestinal Gas mechanism, meridian blockage, blood stasis and turbidity Gas

coagulation, Gas stagnation and blood stasis is the main pathogenesis of wound pain. In this case, the patient's main manifestation was postoperative wound pain, therefore, the patient's dialectic was Gas stagnation and blood stasis, damp heat betting, and Gas stagnation and blood stasis were the problems that needed to be solved at present, so the main consideration was "blood circulation and blood stasis". Acupoint application can allow traditional Chinese medicine to reach the sick place through the acupoint veins (increase fluid and travel boat) to treat pain. In addition, the drug is directly absorbed through the skin, which reduces the symptoms of digestive tract irritation, reduces the burden on the liver and kidneys, and reduces toxic side effects. It has its characteristics and advantages for the treatment of postoperative pain. Moxibustion treatment: Moxibustion can dredge the veins and accelerate blood circulation through the effect of warmth and light radiation, which greatly strengthens the efficacy of the application of traditional Chinese medicine, making it work faster and for a longer time.

本病例穴位贴敷联合艾灸治疗，选择神阙穴，神阙穴为任脉上的穴位，具有温阳救逆、利水固脱的功效。气海穴为元气之海，任脉上的穴位，有补气、调气之功，凡人体的精、津、液、血皆归人脉，治脏气虚惫，真气不足。（译）

In this case, the acupoint application combined with moxibustion treatment, the Shenque acupoint was selected, and the Shenque acupoint was the acupuncture point on the Ren vein, which had the effect of warming the yang and relieving adversity, and diluting water and solidifying the body. Gas sea acupoint is the sea of vitality, the acupuncture points on the vein, have the function of replenishing Gas and regulating Gas, and all the essence, jin, liquid, and blood of the human body are all returned to the human vein, curing the deficiency of dirty gas and the lack of true Gas.

综上所述，经过对患者实施 7 天的穴位贴敷和联合艾灸治疗后，患者的疼痛症状得到明显改善，生活质量得以提高，该方法促进了患者整体病情的缓解，值得推广使用。（译）

In summary, after 7 days of acupoint application and combined moxibustion treatment, the patient's pain symptoms were significantly improved and the quality of life was improved, which promoted the alleviation of the patient's overall condition and is worthy of popularization.

利益冲突

作者声明本文无利益冲突

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